

MENU



BREAKFAST | \$5

Choose a style, yogurt*, and flavour | 250 mL

1

STYLE

- Parfait
- Overnight Oats
- Chia Pudding

2

YOGURT

- Vanilla
- Plain
- Greek
- Plain Greek
- Dairy-Free Coconut

3

FLAVOUR

- Mixed Fruit
- Blueberry Lemon
- Raspberry Lemon
- Raspberry Chocolate
- NEW** • Black Forest Cherry
- Strawberry Hazelnut
- Matcha & Blueberry
- PB & Banana
- PB & Jam
- Raspberry Pistachio
- Strawberry Cheesecake
- Blueberry Cheesecake
- Strawberry Banana
- Salted Caramel

*Greek and dairy-free yogurt - extra \$0.50

JUST ADD EGG | \$5

Add 1 - 2 eggs to a hot skillet for an omelette in minutes

Classic Vegetarian **GF** ✓

Olive oil, minced garlic, red & green onion, celery, bell peppers, cherry tomatoes, spinach

Mediterranean **GF** ✓ **OPTION**

Olive oil, minced garlic, red & green onion, cherry tomatoes, black olives, feta cheese, spinach

Mexican **GF** ✓

Olive oil, minced garlic, taco seasoning, red & green onion, corn, black beans, bell peppers, spinach

Dill & Goat Cheese **GF** ✓ **OPTION**

Olive oil, minced garlic, red & green onion, goat cheese, fresh dill, cherry tomatoes, spinach

Basil Pesto **GF**

Olive oil, minced garlic, basil pesto, red & green onion, feta cheese, tomato, bell peppers, arugula

DINNER SKILLETTS | \$18

Heat ingredients in a hot skillet | 1 L

1

BASE

- Quinoa
- Brown Rice
- Basmati Rice
- Pad Thai Noodles
- Fusilli

2

FLAVOUR

- Creamy Dill
- Pineapple
- Chow Mein
- Sweet Chili
- Pad Thai
- Teriyaki
- Jambalaya
- Honey Garlic
- Tomato & Parm
- Butter Cauliflower
- Butternut Squash Enchilada
- Pesto Primavera
- Sundried Tomato Alfredo



LUNCH | \$10.50 / \$19.50

Pour contents of the jar into a bowl and enjoy | 500 mL | 1 L

NEW Mango Burrito Bowl **GF** ✓ **OPTION**

Brown rice, red & green onion, jalapeno, cheddar cheese, black beans, corn, bell peppers, house-made creamy lime dressing

Chipotle Rainbow **GF** ✓ **OPTION**

Brown rice, red & green onion, pecans, corn, black beans, edamame, bell peppers, spinach, chipotle ranch

Mediterranean Fusilli **GF** **OPTION** ✓ **OPTION**

Fusilli, red & green onion, feta, black olives, cherry tomato, chickpeas, bell peppers, cucumber, spinach

Roasted Red Pepper Salad ✓ **OPTION**

Farro, red & green onion, sunflower seeds, bocconcini, chickpeas, roasted red pepper, cucumber, arugula, house-made hot honey dressing

Caprese Pasta Salad **GF** **OPTION** ✓ **OPTION**

Fusilli, red & green onion, sunflower seeds, bocconcini, cherry tomato, basil, arugula, balsamic vinaigrette

Black Bean Quinoa **GF** ✓

Quinoa, red & green onion, corn, black beans, edamame beans, bell peppers, spinach, house-made spicy lime dressing

Sushi Bowl **GF** ✓

Basmati rice, red & green onion, shredded carrot, edamame beans, bell peppers, cucumber, nori, tofu, house-made soy ginger dressing

Apple Gouda ✓ **OPTION**

Farro, red & green onion, cranberries, hemp hearts, walnuts, gouda, radish, apples, arugula, house-made maple-dijon dressing

Farro & Fresh Grape ✓ **OPTION**

Farro, red & green onion, almonds, feta cheese, grapes, chickpeas, cucumber, spinach, white-wine vinaigrette

Chow Mein ✓ **OPTION** **HEAT & EAT**

Red & green onion, purple cabbage, carrots, snap peas, bell peppers, spinach, chow mein sauce

Pineapple Fried Rice **GF** ✓ **HEAT & EAT**

Basmati rice, red & green onion, cashews, pineapple, green beans, carrots, peas, sesame tamari sauce

Taco **GF** ✓ **OPTION**

Basmati rice, green & red onion, corn, black beans, bell peppers, cherry tomatoes, creamy taco sauce

Beet Blend ✓ **OPTION**

Quinoa, red & green onion, dried cranberries, goat cheese, beets, pecans, celery, carrots, bell peppers

Asparagus Orzo ✓ **OPTION**

Orzo, red & green onion, slivered almonds, shaved parmesan, asparagus, chickpeas, peas, basil, spinach, house-made white wine vinaigrette

NEW Fresh Cherry Salad **GF** **OPTION** ✓ **OPTION**

Quinoa, red & green onion, pecans, fresh cherries, chickpeas, celery, granola, spinach, white wine vinaigrette

Roasted Veg Glow Bowl **GF** ✓

Quinoa, red & green onion, pumpkin seeds, roasted cauliflower, brussel sprouts & butternut squash, shredded carrot, spinach, golden tahini dressing

Watermelon & Feta Orzo ✓ **OPTION**

Orzo, red & green onion, mint, sunflower seeds, feta, watermelon, cucumber, spinach, lime vinaigrette

Strawberry Arugula ✓ **OPTION**

Farro, red & green onion, sunflower seeds, diced jalapeno, goat cheese, radish, fresh strawberries, basil, arugula, maple-balsamic vinaigrette

Butternut Squash Orzo

Orzo, red & green onion, pumpkin seeds, dried cranberries, goat cheese, roasted butternut squash, broccoli, chickpeas, spinach, red wine vinaigrette

Blueberry Brie **GF** **OPTION** ✓ **OPTION**

Quinoa, red & green onion, slivered almonds, brie cheese, shredded carrot, blueberries, cucumber, granola, spinach, maple balsamic dressing

Dill Pickle Pasta Salad **GF** **OPTION** ✓ **OPTION**

Fusilli, red & green onion, cheddar cheese, cabbage, dill pickles, celery, tomatoes, house-made dill ranch dressing

Pad Thai **GF** ✓ **HEAT & EAT**

Pad Thai noodles, red & green onion, peanuts, cabbage, shredded carrot, celery, broccoli, bell peppers, tofu, Pad Thai sauce

PROTEIN BITES | \$10

A quick and delicious snack | 6 bites

Peanut Butter & Chocolate Chip **GF** ✓

Coconut & Cocoa (nut free) **GF** **DAIRY FREE**

Nutella Roche **GF**

Almond Crunch (keto) **GF** ✓

Peanut Butter Skor **GF**

Cinnamon Roll **GF**

Blueberry & White Chocolate **GF**

Mini Egg **GF**